

# Take control of your health. Lose weight. Feel better.

## ARE YOU AT A HEALTHY WEIGHT?

Check your Body Mass Index (BMI) by finding your height on the left of the chart and your weight on the top. Connect those two components in the middle of the chart and you will see in which area you fall – Healthy Weight, Overweight or Obese.

### 63% of Kentucky adults are obese or overweight.\*

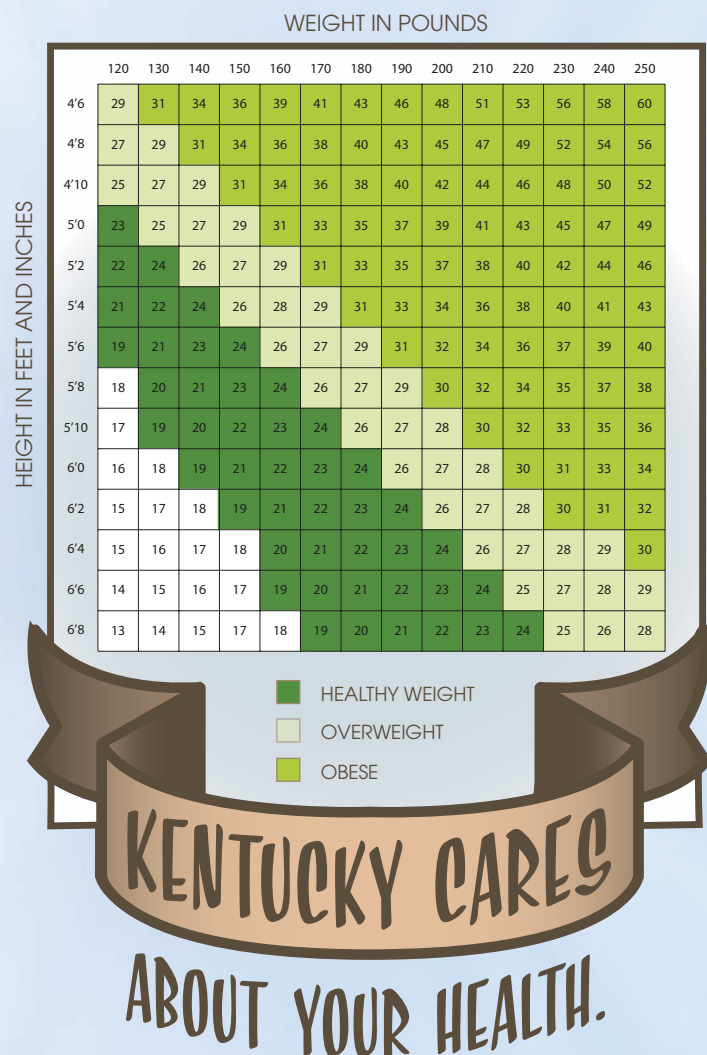
Excessive weight is the second leading cause of preventable disease in the United States. And it is linked to conditions such as heart disease, stroke, diabetes, hypertension, sleep apnea, osteoarthritis, and some forms of cancer.

We're here to help. A new, free Weight Management Program has been added to the Kentucky Employees Health Plan as a part of Informed Care Management (ICM), a program for people with chronic conditions. If you're ready to improve your health, we're ready to help you manage your weight and begin a new, healthier lifestyle today.

### A dedicated registered nurse for you.

If you qualify for the Weight Management Program by being overweight or obese, you will have access to a dedicated registered nurse called a Nurse Care Manager. Your Nurse Care Manager will ask you questions about any other conditions you may have, any medications you may be taking, or any treatments you have discussed with your doctor. You will learn about your risk factors, warning signs of your conditions and how achieving a healthier weight may help.

$$\text{Body Mass Index (BMI)} = \left\{ \frac{\text{WEIGHT (POUNDS)}}{\text{HEIGHT (INCHES)}^2} \right\} \times 703$$



\* Centers for Disease Control

PLEASE TURN OVER TO LEARN MORE ABOUT  
OUR WEIGHT MANAGEMENT PROGRAM.

**Get started today. Call 1-877-KY-SPIRIT.**



Your Nurse Care Manager will be there to offer you support and education to help you achieve safe weight loss goals. Over the course of several phone conversations, he or she will:

- Discuss the causes and risks of excessive weight gain to one's health and the benefits of weight loss.
- Discuss the importance of being physically active and creating a customized exercise and healthy eating program with your doctor.
- Inform you about weight loss resources on the Internet or in your community.
- Suggest ways to overcome issues that may arise on your road to achieving your health goals.

**The support & confidentiality you need.**

ICM's Weight Management Program does not replace your doctor or give medical advice. Instead, it provides valuable information and support to help you achieve and maintain a healthy weight. In addition, your personal health information will be kept strictly confidential and will not be shared with your employer.

**Is the ICM Weight Management Program right for you?**

If you are overweight and/or taking one of the medications listed below, contact us today to learn how ICM can help. Please call for more information.

If you are currently taking these medications, you will need to enroll in ICM in order to continue filling these prescriptions as a covered benefit. Commonly prescribed prescriptions include but are not limited to:

Orlistat (Xenical)  
Sibutramine (Meridia)  
Phentermine (Adipex-P, Fastin, Ionamin, Oby-trim, Pro-Fast, Zantryl)  
Phendimetrazine (Bontril, Plegine, Prelu-2, X-Trozone, Adipost)  
Diethylpropion (Tenuate, Tenuate dospan)  
Benzphetamine (Didrex)

**To see if you are eligible for the Weight Management Program**

**CALL 1-877-KY-SPIRIT**

**(1-877-597-7474) • 8:30am – 9pm Eastern Time**

